

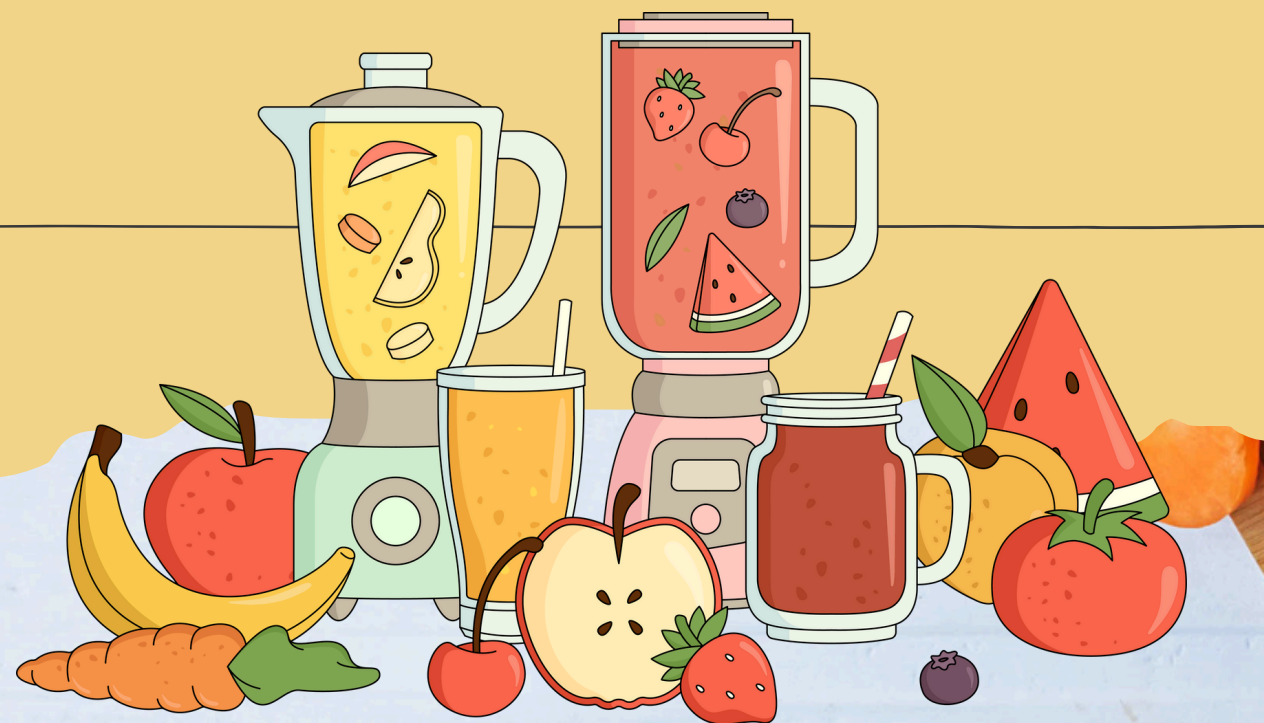
NUTRITION IN CHILDREN



A healthy diet helps them have a good mood, maintain their weight and reduce the risk of disease.



SOME FOODS ARE

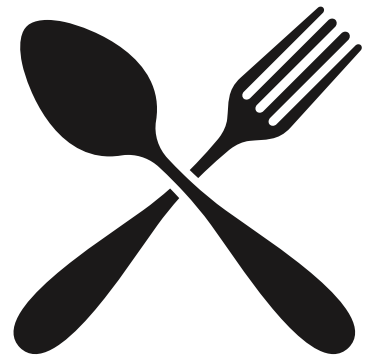


- Fruits and vegetables of all types and colors
- Whole grains such as rice, oats, barley, corn, and wheat
- Milk, yogurt and cheese

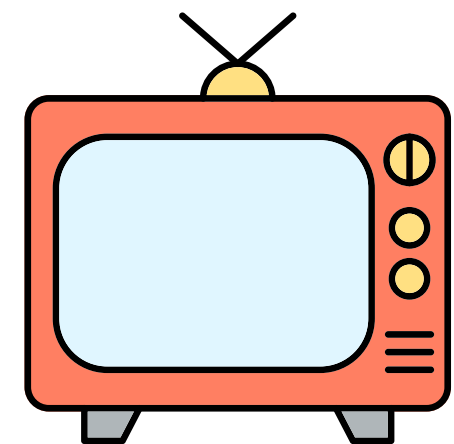
RECOMMENDATIONS

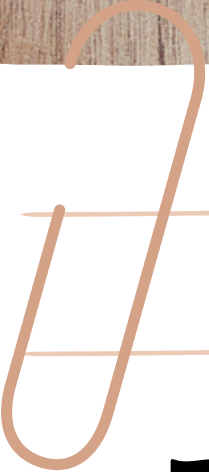
- Offer new foods in small portions

- Avoid monotony in menus.




- Avoid eating while watching television





IMPORTANCE



Allows
children to
grow and
develop fully
at all stages
of their lives